


**Meeting the Child and Adult Care Food Program (CACFP)
Meal Patterns for Children**


Module 8: Menu Planning



Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education

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Bite Size Training Modules

- Module 1 Introduction to Bite Size and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning**


<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources/BiteSize>

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Menu Planning for the CACFP

- One of the *most important steps* for successfully managing the CACFP
- Influences *all aspects* of CACFP operations



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Meal Pattern Reminders




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CACFP Meal Patterns for Children

- Five food components
 - Milk
 - Meat/meat alternates
 - Vegetables
 - Fruits
 - Grains
- Minimum serving for each meal and snack




Reimbursable meals = required components and minimum servings

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Meal Pattern Reminders: BREAKFAST

- Fruits and vegetables = 1 component
- Meat/meat alternates (MMA) may substitute for entire grains component up to 3 times per week



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Meal Pattern Reminders: LUNCH/SUPPER

- MMA must be served in *main dish* or main dish and one other item
- Nuts and seeds cannot credit for more than *half* of MMA component
- Vegetables may substitute for *entire* fruits component



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Meal Pattern Reminders: SNACK

- Must be 2 *different* components
- Only 1 *snack component* can be a creditable beverage
- *Recommendation*: Serve water when snack does not include milk or juice
- *CACFP Best Practices*: Serve vegetable or fruit for *at least 1* component



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Component Reminders



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Component Reminders: MILK

- | | |
|----------|-------------------------------------------------------------------------------|
| Age 1 | Unflavored whole milk |
| Ages 2-5 | Unflavored low-fat milk
Unflavored fat-free milk |
| Ages 6+ | Unflavored low-fat milk
Unflavored fat-free milk
Flavored fat-free milk |



CACFP menus must identify the type of milk served

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Component Reminders: MMA

- Legumes credit as either MMA or vegetable, but not both in same meal



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditLegumesCACFP.pdf>

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Component Reminders: MMA

- Sugar limit for yogurt:
≤ 3.83 grams per ounce




<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditYogurtCACFP.pdf>

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Component Reminders: MMA

- 1 ounce is not the same as 1 ounce of MMA



1 ounce cooked =
1 ounce MMA




1 ounce =
? MMA

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Component Reminders: MMA

- Commercial products require Child Nutrition (CN) label or product formulation statement (PFS)



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCommercialMMACACFP.pdf>
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Component Reminders: MMA

- Minimum creditable amount = $\frac{1}{4}$ ounce





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Component Reminders: FRUITS AND VEGETABLES

- Credit based on *volume (cups)* except


Food	Credit as	$\frac{1}{2}$ cup =
Dried fruits 	Twice volume	1 cup
Raw leafy greens 	Half volume	$\frac{1}{4}$ cup

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Component Reminders: FRUITS AND VEGETABLES

- Juice limit:** Juice credits at only one meal or snack per day
 - 100 percent juice
 - Frozen 100 percent juice pops
 - Pureed fruits and vegetables in smoothies
 - Juice from canned fruit




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Component Reminders: FRUITS AND VEGETABLES

- Minimum creditable amount = $\frac{1}{8}$ cup



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Component Reminders: GRAINS

- At least **1 serving** of grains per day must be whole grain-rich (WGR)
- **CACFP Best Practices:**
At least 2 servings per day

CACFP menus must document which grains are WGR



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf

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Component Reminders: GRAINS

- Grain-based desserts do not credit



<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

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Component Reminders: GRAINS

- **Recommendation for sweet crackers:**
No more than twice per week between all CACFP meals and snacks



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Component Reminders: GRAINS

- Sugar limit for breakfast cereals:
≤ 6 grams per ounce



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

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Component Reminders: GRAINS

- Minimum creditable amount =
¼ ounce equivalent (oz eq)



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Component Reminders: GRAINS

- 1 oz eq is not the same as 1 ounce

Examples of 1 oz eq



2 ounces

1.2 ounces

1 ounce

0.8 ounce

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Component Reminders: GRAINS

- Two methods to determine oz eq
- Method 1:** Minimum weight or volume in USDA's Exhibit A chart (refer to CSDE's *Grain Ounce Equivalents for the CACFP*)

Group A	On-fig for Group A
Barley, cracked Bran, flake Cereal, ready-to-eat, cold and hot Couscous Dried, flake Flour, whole grain (to make 1 cup)	1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of bran 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal
Group B	On-fig for Group B
Barley, cracked Bran, flake Cereal, ready-to-eat, cold and hot Couscous Dried, flake Flour, whole grain (to make 1 cup)	1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of bran 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal
Group C	On-fig for Group C
Barley, cracked Bran, flake Cereal, ready-to-eat, cold and hot Couscous Dried, flake Flour, whole grain (to make 1 cup)	1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of bran 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal
Group D	On-fig for Group D
Barley, cracked Bran, flake Cereal, ready-to-eat, cold and hot Couscous Dried, flake Flour, whole grain (to make 1 cup)	1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of bran 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal
Group E	On-fig for Group E
Barley, cracked Bran, flake Cereal, ready-to-eat, cold and hot Couscous Dried, flake Flour, whole grain (to make 1 cup)	1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of bran 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal 1 cup = 1/2 cup of cereal

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>

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Component Reminders: GRAINS

- Two methods to determine oz eq
- Method 2:** Creditable grains per serving (requires PFS)

July 2017 through June 2021
This guidance applies to child care centers, family day care homes, integrated child care centers, and adult care centers. It does not apply to long-term care facilities or other facilities that are not licensed by the Department of Social Services (DSS) and Adult Care Food Program (ACFP). Creditable grains are those grains that are listed in the table below and are used in the preparation of meals.
Overview of Crediting Requirements for Grains
To credit as the grain component of the CACFP meal pattern, grain products and ingredients must be made with creditable grains. Creditable grains include whole grain, cracked grains, flake, and grains.
Creditable grains include cracked grains and grains that are made with creditable grains. Creditable grains include whole grain, cracked grains, flake, and grains.
Creditable grains include cracked grains and grains that are made with creditable grains. Creditable grains include whole grain, cracked grains, flake, and grains.

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP_0zeq.pdf

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Requirements for CACFP Menus



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CACFP Menu of Record

- Meal pattern components
- Serving sizes

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Milk 1/2 cup	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk	1/2 cup whole milk
MMA 1/2 cup	Chickpea soup (1/2 cup)	Chickpea soup (1/2 cup)	Chickpea soup (1/2 cup)	Chickpea soup (1/2 cup)	Chickpea soup (1/2 cup)
Grains 1/2 cup	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta
Vegetables 1/2 cup	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta
Fruit 1/2 cup	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta
Other foods (noncreditable)	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta	1/2 cup whole wheat pasta

WGR = Grains eaten twice that are whole grain only.
VS = Vegetable selections. Vegetables may substitute for the other foods component at any lunch or supper.

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Requirements for CACFP Menus

- Meet CACFP meal patterns
- Follow basic menu planning principles
- Indicate date of meal service
- Indicate *specific foods* served for each meal and snack
 - Type of milk
 - WGR foods
 - Substitutions



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Requirements for CACFP Menus

- Maintain crediting documentation
 - Recipes for foods made from scratch
 - CN label or PFS for commercial processed products



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AcceptDocumentationCACFP.pdf>

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Best Practices for Menu Planning

1

Use cycle menus (at least 4 weeks)

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1/2 cup oatmeal with fruit	1/2 cup oatmeal with fruit	1/2 cup oatmeal with fruit	1/2 cup oatmeal with fruit	1/2 cup oatmeal with fruit
Snack	1/2 cup apple slices	1/2 cup apple slices	1/2 cup apple slices	1/2 cup apple slices	1/2 cup apple slices
Lunch	1/2 cup spaghetti with meat sauce	1/2 cup spaghetti with meat sauce	1/2 cup spaghetti with meat sauce	1/2 cup spaghetti with meat sauce	1/2 cup spaghetti with meat sauce
Snack	1/2 cup banana	1/2 cup banana	1/2 cup banana	1/2 cup banana	1/2 cup banana
Dinner	1/2 cup chicken with rice	1/2 cup chicken with rice	1/2 cup chicken with rice	1/2 cup chicken with rice	1/2 cup chicken with rice

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1/2 cup oatmeal with fruit	1/2 cup oatmeal with fruit	1/2 cup oatmeal with fruit	1/2 cup oatmeal with fruit	1/2 cup oatmeal with fruit
Snack	1/2 cup apple slices	1/2 cup apple slices	1/2 cup apple slices	1/2 cup apple slices	1/2 cup apple slices
Lunch	1/2 cup spaghetti with meat sauce	1/2 cup spaghetti with meat sauce	1/2 cup spaghetti with meat sauce	1/2 cup spaghetti with meat sauce	1/2 cup spaghetti with meat sauce
Snack	1/2 cup banana	1/2 cup banana	1/2 cup banana	1/2 cup banana	1/2 cup banana
Dinner	1/2 cup chicken with rice	1/2 cup chicken with rice	1/2 cup chicken with rice	1/2 cup chicken with rice	1/2 cup chicken with rice

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ICN Resource

Cycle Menus for Child Care: Preschoolers

- Four seasonal 4-week cycle menus for ages 3-5
- Can be adapted for other ages groups

Cycle Menus for Child Care: Preschoolers

<https://theicn.org/resources/1575/cycle-menus-for-child-care-preschoolers/118740/cycle-menus-for-child-care-preschoolers.pdf>

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ICN Resource

CARE Connection: Planning Cycle Menus in Child Care

- Online training

CARE Connection: Planning Cycle Menus in Child Care
Duration: 2h | ★★★★★

ABOUT THIS COURSE **CONTENT** **ADDITIONAL INFORMATION**

This course is designed to provide the end user with key practices for planning cycle menus for child care settings.

Target Audience: Child Care Providers

Hours of Instruction: 2

Key Area: Professional Standard Code(s):

<https://theicn.docesosaas.com/learn/course/external/view/elearning/51/care-connection-planning-cycle-menus-in-child-care>

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Best Practices for Menu Planning

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Use USDA's recipes for Child Nutrition Programs

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ICN Resource

Child Nutrition Recipe Box

- Searchable database of all USDA recipes

<https://theicn.org/cnrb/>

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CSDE Webpage

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes>

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Best Practices for Menu Planning

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Follow USDA's CACFP Best Practices



https://fncs-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf
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Menu Planning Principles



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Institute of Child Nutrition (ICN) Resource

**Menu Planning Basics:
A Guide for CACFP
Operators in Child Care**

- General information for planning nutritious menus that align with the CACFP
- English and Spanish



<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp/>
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Menu Planning Principles for the CACFP

1. Focus on good nutrition
2. Strive for balance
3. Emphasize variety
4. Add contrast
5. Think about color
6. Consider eye appeal







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1 – Focus on Good Nutrition

- Include a variety of whole grains
- Provide more whole fruits and vegetables than juice
- Reduce processed foods
- Offer more dried beans, peas, and lentils (legumes)






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2 – Strive for Balance

- Balance flavors in appealing ways




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Menu Makeover: Balance

Lunch Menu		
Baked lemon-pepper chicken	→	Garden salad
Spicy red potatoes		Sliced peaches
Coleslaw		
Brown rice		
Unflavored low-fat milk		




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2 – Strive for Balance

- Balance flavors in appealing ways
- Use herbs and spices to balance flavors
- Balance high-fat with low-fat foods



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Example: Balancing High-fat Foods



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3 – Emphasize Variety

- Offer a variety of foods in different forms and combinations throughout week
- Vary main dish entrees
- Include different forms of food prepared in a variety of ways
- Include small amount of new or unfamiliar food periodically




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4 – Add Contrast

- Use foods with different textures to enhance taste and appearance
- Vary the types of foods on the menu
- Use pleasing combinations of sizes and shapes of foods




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Menu Makeover: Contrast

Lunch Menu		
Diced turkey	→	Potato wedges
Diced potatoes		Sliced strawberries
Fruit cocktail		
Whole-grain roll		
Unflavored low-fat milk		



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5 – Think About Color

- Use a variety of color combinations
- Incorporate fruits and vegetables
- Use colorful foods in combination with foods that have little or no color
- Sprinkle herbs and spices on top of food for added color



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Menu Makeover: Color



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Menu Makeover: Color




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6 – Consider Eye Appeal

- Children “eat” with their eyes first
- Make meals and snacks visually appealing



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Menu Planning Considerations

- Reduce choking risk



<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents/ChokingPrevention>

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Menu Planning Considerations

- Reduce choking risk
- Incorporate seasonal and local foods



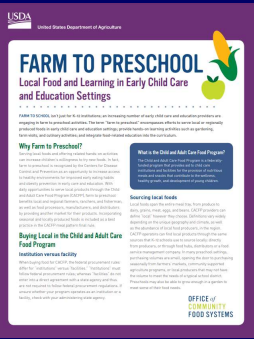
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USDA Resource

Farm to Preschool: Local Food and Learning in Early Child Care and Education Settings

- Guidance and tips for serving local or regionally produced foods



<https://fns-prod.azureedge.net/sites/default/files/resource-files/FarmtoPreschool.pdf>

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CSDE Webpage

Farm to School

Documents/Forms

General | Nutrition Education | **Preschool and Child Care** | Recipes | School Gardens

General

- A Look at Connecticut Agriculture
- Connecticut Farm to School Resources
- Connecticut Green Crop Availability Calendar
- Community Food Systems (Farm to School) (USDA)
- Community Food Systems Fact Sheets (USDA)
- Connecticut legislation for Farm to School Program and Connecticut-Grown for Connecticut Kids Week (section 22-38d of the Connecticut General Statutes)
- Connecticut Green Participating Farmers (Connecticut Department of Agriculture)
- Eat Smart—Farm Fresh! A Guide to Buying and Serving Locally-Grown Produce in School Meals (USDA)
- Farm to Child Nutrition Programs Planning Guide

<https://portal.ct.gov/SDE/Nutrition/Farm-to-School/Documents#Preschool>

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Menu Planning Considerations

- Reduce choking risk
- Incorporate seasonal and local foods
- Think about each season's climate



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Menu Planning Considerations

- Reduce choking risk
- Incorporate seasonal and local foods
- Think about each season's climate
- Focus on regional food preferences



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USDA Resource

Multicultural Child Care Recipes

- 40 recipes from different cultures and regions
- English and Spanish



<https://www.fns.usda.gov/tn/recipes-cacfp>

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Menu Planning Considerations

- Reduce choking risk
- Incorporate seasonal foods
- Think about each season's climate
- Focus on regional food preferences
- Plan for holidays and special occasions



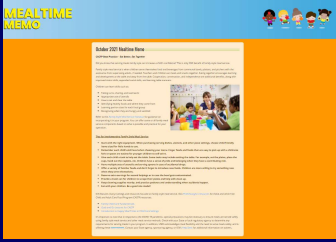
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ICN Resource

Mealtime Memo

- Monthly food themes and national food days
- Seasonal foods and recipes
- Fun food facts



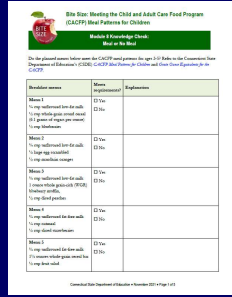
<https://theicn.org/icn-resources-a-z/mealtime-memo/>

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Knowledge Check: Meal or No Meal

- Indicate if the planned menu meets the CACFP meal pattern for ages 3-5



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Module_8_Meal_or_No_Meal_Knowledge_Check.pdf

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CACFP Breakfast Meal Pattern for Ages 3-5


Food Components	Minimum Serving
Milk (M)	$\frac{3}{4}$ cup
Vegetables/fruits (VF)	$\frac{1}{2}$ cup
Grains (G) *	$\frac{1}{2}$ oz eq

* Meat/meat alternates may substitute for grains up to 3 times per week


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
Breakfast Menu 1



$\frac{3}{4}$ cup Unflavored low-fat milk



$\frac{1}{2}$ cup Whole-grain round cereal (6.1 grams of sugars per ounce)




$\frac{1}{2}$ cup Blueberries

Reimbursable meal?


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
Breakfast Menu 1



$\frac{3}{4}$ cup Unflavored low-fat milk ☒ M: $\frac{3}{4}$ cup



$\frac{1}{2}$ cup Whole-grain round cereal (6.1 grams of sugars per ounce) ☒ G: None Exceeds sugar limit




$\frac{1}{2}$ cup Blueberries ☒ VF: $\frac{1}{2}$ cup

Reimbursable meal? **No**


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Breakfast Menu 2



$\frac{3}{4}$ cup Unflavored low-fat milk



$\frac{1}{2}$ large Scrambled egg






$\frac{1}{2}$ cup Mandarin oranges

Reimbursable meal?

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Breakfast Menu 2




	$\frac{3}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{3}{4}$ cup
	$\frac{1}{2}$ large	Scrambled egg	<input checked="" type="checkbox"/> G: 1 oz eq MMA substitution: $\frac{1}{2}$ egg = 1 oz eq grains
	$\frac{1}{2}$ cup	Mandarin oranges	<input checked="" type="checkbox"/> VF: $\frac{1}{2}$ cup

Reimbursable meal? ☒ Yes

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Breakfast Menu 3




	$\frac{3}{4}$ cup	Unflavored low-fat milk
	1 ounce	WGR blueberry muffin
	$\frac{1}{2}$ cup	Diced peaches

Reimbursable meal? ☐

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Breakfast Menu 3

	$\frac{3}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{3}{4}$ cup
	1 ounce	WGR blueberry muffin	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group D: 1 ounce = $\frac{1}{2}$ oz eq
	$\frac{1}{2}$ cup	Diced peaches	<input checked="" type="checkbox"/> VF: $\frac{1}{2}$ cup

Reimbursable meal? ☒ Yes

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Breakfast Menu 4




	$\frac{3}{4}$ cup	Unflavored low-fat milk
	$\frac{1}{2}$ cup	Oatmeal
	$\frac{1}{2}$ cup	Sliced strawberries

Reimbursable meal? ☐

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Breakfast Menu 4




	$\frac{3}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{3}{4}$ cup
	$\frac{1}{2}$ cup	Oatmeal	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group H: $\frac{1}{2}$ cup = $\frac{1}{2}$ oz eq
	$\frac{1}{2}$ cup	Sliced strawberries	<input checked="" type="checkbox"/> VF: $\frac{1}{2}$ cup

Reimbursable meal? ☒ Yes

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Breakfast Menu 5




	$\frac{3}{4}$ cup	Unflavored low-fat milk
	1 $\frac{1}{2}$ ounce	Whole-grain cereal bar
	$\frac{1}{2}$ cup	Fruit salad

Reimbursable meal? ☐

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Breakfast Menu 5

	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	1½ ounce	Whole-grain cereal bar	<input checked="" type="checkbox"/>	G: None <i>Grain-based desserts do not credit</i>
	½ cup	Fruit salad	<input checked="" type="checkbox"/>	VF: ½ cup

Reimbursable meal? **No**

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CACFP Lunch/Supper Meal Pattern for Ages 3-5






Food Components	Minimum Serving
Milk (M)	¾ cup
Meat/meat alternates (MMA)	1½ ounces
Vegetables (V)	¾ cup
Fruits (F) *	¾ cup
Grains (G)	½ oz eq

* Vegetables may substitute for entire fruits component

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Lunch/Supper Menu 1






	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	1½ ounces	Tuna salad	<input checked="" type="checkbox"/>	MMA: ?
	½ ounce	Whole-wheat pita triangles	<input checked="" type="checkbox"/>	G: ½ oz eq Group B: ½ ounce = ½ oz eq
	½ cup	Garden salad (¼ cup lettuce and ¼ cup tomatoes and carrots)	<input checked="" type="checkbox"/>	V: ¾ cup
	¾ cup	Sliced red grapes	<input checked="" type="checkbox"/>	F: ¾ cup

Reimbursable meal? **No**

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Lunch/Supper Menu 1








	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	1½ ounces	Tuna salad	<input checked="" type="checkbox"/>	MMA: ?
	½ ounce	Whole-wheat pita triangles	<input checked="" type="checkbox"/>	G: ½ oz eq Group B: ½ ounce = ½ oz eq
	½ cup	Garden salad (¼ cup lettuce and ¼ cup tomatoes and carrots)	<input checked="" type="checkbox"/>	V: ¾ cup
	¾ cup	Sliced red grapes	<input checked="" type="checkbox"/>	F: ¾ cup

Reimbursable meal? **No**

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Lunch/Supper Menu 2








	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	1½ ounces	Soft taco	<input checked="" type="checkbox"/>	MMA: 1½ ounces
	½ ounce	Cooked beef	<input checked="" type="checkbox"/>	G: ½ oz eq Group B: ½ ounce = ½ oz eq
	¾ cup	Enriched tortilla	<input checked="" type="checkbox"/>	V: ¾ cup
	¾ cup	Tomato	<input checked="" type="checkbox"/>	V: ¾ cup
	¾ cup	Lettuce	<input checked="" type="checkbox"/>	V: ¾ cup
	¾ cup	Apple slices	<input checked="" type="checkbox"/>	F: ¾ cup

Reimbursable meal? **Yes**

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Lunch/Supper Menu 2




	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	1½ ounces	Soft taco	<input checked="" type="checkbox"/>	MMA: 1½ ounces
	½ ounce	Cooked beef	<input checked="" type="checkbox"/>	G: ½ oz eq Group B: ½ ounce = ½ oz eq
	¾ cup	Enriched tortilla	<input checked="" type="checkbox"/>	V: ¾ cup
	¾ cup	Tomato	<input checked="" type="checkbox"/>	V: ¾ cup
	¾ cup	Lettuce	<input checked="" type="checkbox"/>	V: ¾ cup
	¾ cup	Apple slices	<input checked="" type="checkbox"/>	F: ¾ cup

Reimbursable meal? **Yes**

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Lunch/Supper Menu 3





	¾ cup	Unflavored low-fat milk
<i>Chili</i>		
	¾ cup	Kidney beans
	½ ounce	Shredded cheese
	¾ cup	Tomato sauce
	1 ounce	Enriched corn muffin
	¾ cup	Green pepper strips

Reimbursable meal?

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Lunch/Supper Menu 3






	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: ¾ cup
<i>Chili</i>			
	¾ cup	Kidney beans	<input checked="" type="checkbox"/> MMA: 1 ounce
	½ ounce	Shredded cheese	MMA: ½ ounce
	¾ cup	Tomato sauce	<input checked="" type="checkbox"/> V: ¾ cup
	1 ounce	Enriched corn muffin	<input checked="" type="checkbox"/> G: ¾ oz eq Group C: 1 ounce = ¾ oz eq
	¾ cup	Green pepper strips	<input checked="" type="checkbox"/> F: ¾ cup Vegetable substitution

Reimbursable meal? **Yes**

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Lunch/Supper Menu 4






	¾ cup	Unflavored fat-free milk
	1½ ounces	Diced baked chicken
	¾ cup	Brown rice
	¾ cup	Steamed broccoli
	¾ cup	Butternut squash

Reimbursable meal?

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Lunch/Supper Menu 4





	¾ cup	Unflavored fat-free milk	<input checked="" type="checkbox"/> M: ¾ cup
	1½ ounces	Diced baked chicken	<input checked="" type="checkbox"/> MMA: 1½ ounces
	¾ cup	Brown rice	<input checked="" type="checkbox"/> G: ¾ oz eq Group H: ¾ cup = ¾ oz eq
	¾ cup	Steamed broccoli	<input checked="" type="checkbox"/> V: ¾ cup
	¾ cup	Butternut squash	<input checked="" type="checkbox"/> F: ¾ cup Vegetable substitution

Reimbursable meal? **Yes**

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Lunch/Supper Menu 5





	¾ cup	Unflavored fat-free milk
<i>Macaroni & cheese</i>		
	1½ ounces	Cheese
	¾ cup	WGR pasta
	¾ cup	Green beans
	¾ cup	Strawberries

Reimbursable meal?

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Lunch/Supper Menu 5

	¾ cup	Unflavored fat-free milk	<input checked="" type="checkbox"/> M: ¾ cup
<i>Macaroni & cheese</i>			
	1½ ounces	Cheese	<input checked="" type="checkbox"/> MMA: 1½ ounces
	¾ cup	WGR pasta	<input checked="" type="checkbox"/> G: ¾ oz eq Group H: ¾ cup = ¾ oz eq
	¾ cup	Green beans	<input checked="" type="checkbox"/> V: ¾ cup
	¾ cup	Strawberries	<input checked="" type="checkbox"/> F: ¾ cup

Reimbursable meal? **Yes**

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CACFP Snack Meal Pattern for Ages 3-5

Food Components <i>Choose any 2</i>	Minimum Serving
Milk (M)	½ cup
Meat/meat alternates (MMA)	½ ounce
Vegetables (V)	½ cup
Fruits (F)	½ cup
Grains (G)	½ oz eq

* Only 1 component may be a creditable beverage

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Snack Menu 1



½ cup Orange juice



½ ounce Whole-grain crackers

Reimbursable snack?

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Snack Menu 1

½ cup Orange juice * ☒ F: ½ cup½ ounce Whole-grain crackers ☒ G: ½ oz eq
Group A: 0.4 ounce = ½ oz eq

* Juice cannot credit at any other meal or snack

Reimbursable snack? ☒ Yes

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Snack Menu 2

Trail mix
½ cup Mixed dried fruit½ cup Whole-grain round cereal
(5 grams of sugars per ounce)

½ cup Water

Reimbursable snack?

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Snack Menu 2

Trail mix
½ cup Mixed dried fruit ☒ F: ½ cup
Dried fruits credit as twice volume served½ cup Whole-grain round cereal
(5 grams of sugars per ounce) ☒ G: ½ oz eq
Group I: ½ cup round cereal = ½ oz eq½ cup Water ☐ NoneReimbursable snack? ☒ Yes

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Snack Menu 3



½ cup Unflavored low-fat milk


¼ cup pureed strawberries
¼ cup pureed peaches


Reimbursable snack?

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Snack Menu 3

 ½ cup Unflavored low-fat milk ☒ M: ½ cup Beverage

 ¼ cup pureed strawberries Strawberry-peach smoothie ☒ Second Beverage *

¼ cup pureed peaches

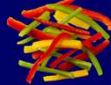
* Only **one** snack component may be a creditable beverage


Reimbursable snack? **No**

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Snack Menu 4

 ½ cup Pepper strips


 ½ cup Diced watermelon


Reimbursable snack?

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Snack Menu 4

 ½ cup Pepper strips ☒ V: ½ cup


 ½ cup Diced watermelon ☒ F: ½ cup


Reimbursable snack? **Yes**

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Snack Menu 5

 ½ cup Spinach salad


 ½ ounce Cheese cubes


Reimbursable snack?

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Snack Menu 5

 ½ cup Spinach salad ☒ V: ½ cup
Raw leafy greens credit as *half* the volume served

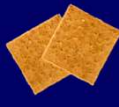
 ½ ounce Cheese cubes ☒ MMA: ½ ounce


Reimbursable snack? **No**

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Snack Menu 6

 ½ ounce Graham crackers

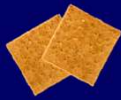
 ½ cup Unflavored fat-free milk

Reimbursable snack?


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Snack Menu 6



½ ounce Graham crackers * ☒ G: ½ oz eq
Group B: ½ ounce = ½ oz eq



½ cup Unflavored fat-free milk ☒ M: ½ cup

*** Limit sweet crackers: No more than 2 times per week**

Reimbursable snack? ☒ Yes

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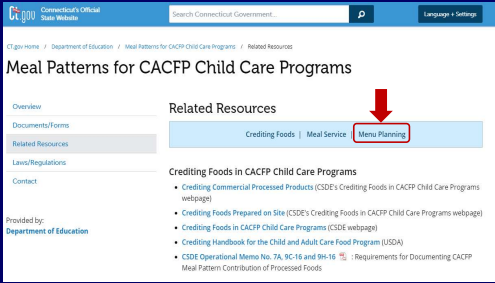
More Resources



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CSDE Webpage



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#MenuPlanning>

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CSDE Menu Planning Forms

At-risk Supper and Snack <ul style="list-style-type: none"> Snack Ages 6-18 Snack and Supper Ages 6-18 Supper Ages 6-18 Breakfast, Lunch, and Snack <ul style="list-style-type: none"> Ages 1-2 Ages 3-5 Ages 6-12 Breakfast and Snack <ul style="list-style-type: none"> Breakfast and AM/PM Snack Ages 3-5 Breakfast and PM Snack Ages 3-5 Breakfast and PM Snack Ages 6-12 	Emergency Shelters <ul style="list-style-type: none"> AM, PM, and Evening Snack Ages 6-18 AM Snack, PM Snack, and Evening Snack Ages 1-2, 3-5, and 6-18 Breakfast, Lunch, and Supper Ages 1-2, 3-5, and 6-18 Breakfast, Lunch, and Supper Ages 6-18 Lunch and Snack <ul style="list-style-type: none"> Lunch and AM/PM Snack Ages 3-5 Snack <ul style="list-style-type: none"> AM /PM Ages 1-2 AM /PM Ages 3-5 AM /PM Ages 3-5 (2 weeks)
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<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Documents#MenuForms>


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CSDE Resource

Resource List for Menu Planning and Food Production in Child Nutrition Programs

- Sample CACFP menus
- More menu planning resources



<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>

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Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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